

SOUTHEASTERN UNIVERSITY

CONCUSSION POLICY

Signs and Symptoms of a Concussion:

Loss of consciousness	Ringing in the ears	Loss of Balance
Memory loss	Nausea	Drowsiness
Confusion	Blurred Vision	
Headache	Dizziness	

Immediate Referral to a Physician:

- Any loss of consciousness
- Amnesia lasting longer than 15 minutes
- Worsening of symptoms

Return to Play or Disqualify:

- Immediate removal from activity for assessment
- Disqualified from competition:
 - Loss of consciousness
 - Prolonged amnesia
 - Symptomatic at rest
 - History of previous concussions
 - Symptoms continue 20 minutes after stopping activity
- Return to activity:
 - Symptoms completely resolve in less than 20 minutes
 - Continued monitoring on the sideline

Instructions Following a Concussion:

- Monitor symptoms for 24-48 hours
- No medication except Tylenol (acetaminophen)
- No alcohol
- Needs to be awakened during the night to assess level of consciousness
 - Ask them their name
- Given instructions on symptoms to monitor

Recovery Period:

- Must be symptom free at rest and with exertion for any return to activity
 - 1st concussion of the season:**
 - 5-7 days
 - 2nd concussion of the season:**
 - 7-10 days
 - 3rd concussion in life time:**
 - MD referral

**** If there is any doubt, stop activity refer to a physician**